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Mikulski Dedicates Green Road

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PHOTO BY ANDREW DAMSTEDT

Navy Announces Enlisted Rating Modernization Plan

From Chief of Naval Personnel Public Affairs

Following the completion of its review earlier this year, the Navy announced Sept. 29, it will modernize all rating titles for Sailors with the establishment of a new classification system that will move towards occupational specialty codes similar to how the other services categorize skill sets.

“In modernizing our enlisted rating system we are not only giving our Sailors increased opportunities within the Navy, such as a higher level of flexibility in training and detailing, but also increasing their opportunities when they transition out of the service. In aligning the descriptions of the work our Sailors do with their counterparts in the civilian world, we more closely reflect the nation we protect while also making it easier for our Sailors to obtain the credentials they’ll need to be successful in the private sector,” said Secretary of the Navy, Ray Mabus.

Chief of Personnel Vice Adm. Robert Burke emphasized, “We believe that opening enlisted career paths will enhance our ability to optimize talent in our enlisted workforce. This change is the first step of a multi-phased approach to help us do just that.”

Former Master Chief Petty Officer of the Navy Michael Stevens led the review earlier this year for the Secretary of the Navy on behalf of Chief of Naval Operations, Adm. John Richardson.

“We are all Sailors and changing our rating titles does not affect that,” said current Master Chief Petty Officer of the Navy, Steven S. Giordano, who relieved Stevens Sept. 2. “While we certainly understand that this represents a significant cultural shift for the Navy and will take time to become fully adapted throughout the Fleet, this is about giving Sailors more choice and flexibility and ultimately



Chief of Naval Personnel
Vice Adm. Robert Burke

providing the Navy opportunities to get the right Sailors with the right training and experience in the right billets.”

Giordano described how this change will work.

“Sailors would no longer be called, ‘yeoman second class’ or YN2, for example,” he said. “Instead they will be ‘second class petty officer, or ‘petty officer.’ However, Sailors’ rates will not change: an E-7 will remain a Chief Petty Officer and an E-3 will remain a seaman. Additionally, there will no longer be a distinction between ‘airman, fireman and seaman.”

This change will also allow the Navy to more accurately identify Sailors’ skills by creating “Navy Occupational Specialty” (NOS) codes that allow greater assignment flexibility for Sailors throughout their career and will be matched with similar civilian occupations to enable the Navy to identify credentials and certifications recognized and valued within the civilian workforce.

For example, a petty officer who used to be identified as a corpsman will now have a NOS matched as a medical

technician. Medical technician better reflects the work and responsibilities of someone in that position and is better aligned with the civilian medical profession.

Sailors will be able to hold more than one NOS, which will give them a broader range of professional experience and expertise and will be grouped under career fields that will enable flexibility to move between occupational specialties within the fields and will be tied to training and qualifications.

As the Navy transforms its training to a mobile, modular and more frequent system called Ready Relevant Learning, combined with recent creation of the Billet-Based Distribution system that provides a more comprehensive picture of billet requirements fleetwide, this enlisted rating modernization plan will provide the ability to much more closely track a Sailor’s training and professional development and match it to billets.

Going forward, this transformation will occur in phases over a multi-year period.

A working group was formed in July to identify personnel policies, management programs and information technology systems that may require modifications over the years and months ahead—including changes to recruiting, detailing, advancements, training and personnel and pay processes.

Any follow-on changes that are made will proceed in a deliberate process that will enable transitions to occur seamlessly and transparently. Fleet involvement and feedback will be solicited during each phase of the transformation and we will carefully consider all aspects of enlisted force management as we move forward.

The chief of naval personnel/N1 will lead the Navy’s implementation efforts.

Bethesda Notebook

Healing Arts Exhibit

Artwork submissions for the Healing Arts Exhibit will be accepted until Oct. 7. The exhibit’s opening is scheduled for Oct. 26 from 3 to 7 p.m. in the pavilion between the America Garage and Bldg. 19. For more information, contact Public Health Services Capt. Moira G. McGuire at 301-319-8755 or moira.g.mcguire.mil@mail.mil, or Jessica Simpson at 301-319-2896 or Jessica.l.shipman2.ctr@mail.mil.

Kids Impacted by Domestic Violence

Each Wednesday in October, the Fleet and Family Support Center is hosting a workshop discussing the effects domestic violence has on children. The workshop is from 2 p.m. to 3:30 p.m. in Bldg. 11. For more information, call 301-319-4087.

Fleet, Family Support Center

The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda offers programs intended to assist service members and their families with military life. FFSC’s workshops and seminars include: job search strategies for military spouses; federal resume writing; time management; credit management; consumer financial awareness; interview skills; pre-deployment briefings; return and reunion briefings; and more. For more information, call 301-319-4087, or visit FFSC in Bldg. 11, first floor.

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People listen to music at a seating area made from a circle of large stones after the Green Road Project dedication.

New Outdoor Space Aims to Use Nature to Aid Healing

Story and photos by
Andrew Damstedt
The Journal

A new outdoor space designed to connect wounded, ill and injured service members with nature opened Sept. 26 aboard Naval Support Activity Bethesda (NSAB).

The Green Road Healing Woodland Garden project, a two-acre site in the wooded area between the Uniformed Services University of the Health Sciences and Bldg. 17, incorporates a new path with benches, two pavilions for gatherings, a seating area called the "Council Ring," which is a circle of large stones meant to bring people together to share stories and smaller paths that lead to Stoney Creek.

"When we talk about the environment's impact on our health, this is where nature comes in," said Brian Berman, Institute of Integrative Health president. "Intuitively we know spending time in nature is healing. If I said to you now, 'Close your eyes and imagine yourself in a place where you feel really good.' Chances are most of you would imagine a natural setting."

The Institute for Integrative Health spearheaded the project and plans to use the garden as a space to research how nature can affect human health.

Dr. Fred Foote, Green Road project administrator, said the research will particularly focus on how connecting



Maryland Sen. Barbara Mikulski cuts the ribbon along with other leaders involved in the Green Road Healing Woodland Garden project at its dedication Sept. 26.

with nature might help service members with post-traumatic stress disorder.

"If we use this garden right it can be a national laboratory for study and learning how humans interact with nature that can be of enormous value for our nation and for its future," Foote said.

The project was designed with input from service members on what parts of nature would be most important for healing; according to Foote they enhanced stone, water, trees and animal aspects of the healing garden.

Maryland Sen. Barbara Mikulski

said the Green Road project was about bringing the older ideas of nature's healing power to wounded, ill and injured service members.

"Our military needs the best surgery, they need the best medicines, but also nature in and of itself mobilizes inner healing," Mikulski said.

Connecting with nature could help heal the invisible wounds of war, she said.

"The Green Road not only helps with the injury, but the permanent impact of the war, which will forever be on their body, mind and spirit," Mikulski said. "So when we think about our

military, we have to think about what they need, one of which is to not only help them inside the facility, but that outside the facility is also a healing environment."

Mikulski said she hoped the research that comes from the Green Road would not only help service members but those across the country dealing with violence.

"We've got to deal with violence and for those who've already faced it in the most horrific of circumstances, now as they come back on their own road to recovery and right here on this Green Road I think it's going to help every military man and woman and their families who make use of it, but I think America is going to make use of it," she said. "Because in your road to recovery, you're going to help America recover."

Tom Stoner, TKF Foundation co-founder, said the healing garden can help lead to personal transformations. His organization provided benches that store waterproof journals so people can write down their thoughts while spending time there.

"These journals and these benches are the heart of these places," he said, noting that his organization has collected more than 25,000 writings in other locations. "These are testimonies of what can happen to people if they stop, think, and be in nature."

Coping with Childhood Cancer

By Sharon Renee Taylor
WRNMMC Public Affairs

"Your child has cancer," are probably the last words parents want to hear, explained Stacey Springer, a licensed clinical social worker for pediatric oncology at Walter Reed National Military Medical Center.

Cancer can occur in children of all ages, more frequently in adolescents and young adults ages 15 to 39 years than in younger children, according to the National Cancer Institute at the National Institutes of Health.

Carly Allphin was 14 when she was diagnosed in April with Stage 4 Ewing Sarcoma, a type of bone cancer. Before diagnosis, her severe back pain led to physical therapy, without success.

An MRI followed, showing a softball-size tumor at her lumbar spine, with six smaller tumors nearby. Physicians sent the teenager and her parents to meet pediatric oncologists at Walter Reed Bethesda the next day, and she was immediately admitted. A bone marrow biopsy followed.

"At [WRNMMC], a multi-disciplinary team of doctors, nurses, therapists and administrative staff care for our smallest warrior and their

families," Springer said. "We take care of the entire family, [which] means parents, siblings and extended family. We partner with employers, and schools and other community support programs. It takes a village, not just one person."

Continuity of care at WRNMMC enabled Carly to receive proton radiation at the Children's Hospital of Philadelphia before beginning a chemotherapy protocol at Walter Reed Bethesda. Later, she will participate in a clinical trial with the National Institutes of Health.

"She's really been strong through all of it," said Carly's dad, Army Staff Sgt. Andrew Allphin, a trumpeter in the U.S. Army Band "Pershing's Own." He said his "outgoing, upbeat" daughter has a great perspective.

Once a long-haired blonde, the teenager is comfortable now wearing her head bald. "She's so cute," Krista Allphin says, smiling at her daughter. The proud mom said Carly's courage gives her strength.

"She's hilarious, strong, and acts like this stuff doesn't faze her," Krista said. "I think she's so



COURTESY PHOTO

Fourteen-year-old Carly Allphin, right, poses with her mother and two sisters for a picture after she lost her hair during her cancer treatment.

See **CANCER**

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Face of Defense: Navy Corpsman Saves Drowning Woman

By Gregory Mitchell

U.S. Naval Hospital Yokosuka

U.S. Naval Hospital Yokosuka's commanding officer, Navy Capt. Rosemary C. Malone, presented the Navy and Marine Corps Achievement Medal to Petty Officer 2nd Class Joshua Blanchard, a hospital corpsman, Sept. 13 for saving the life of a drowning mother while he was serving on temporary duty in August at the Surface Warfare Medical Institute in San Diego.

"It's pretty surreal," Blanchard said of being honored. "I wasn't expecting any recognition. I wasn't aware that this was going to happen, but it is definitely an honor to receive this award."

Around 7:30 p.m. Aug. 16, Blanchard, a native of Wilmington, North Carolina, responded to a call for help from two school-age children who approached the receptionist's desk.

A Call for Help

"Due to the time of day, I couldn't see what was going on outside, so I went over to the door," Blanchard recalled. "There was yelling and screaming, and that's when I saw people standing around what was a salt-water pool. I ran out to the pool, and after focusing for a few seconds, I could see that there was a person at the bottom."

The person at the bottom of the 8-foot pool was an unconscious mother of two children who were present.

Blanchard immediately jumped into the deep end of the pool and brought the woman to the surface with the

See **RESCUE**

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NAVY PHOTO BY GREGORY MITCHELL

U.S. Naval Hospital Yokosuka's commanding officer, Navy Capt. Rosemary C. Malone, right, presents the Navy and Marine Corps Achievement Medal to Navy Petty Officer 2nd Class Joshua Blanchard, a hospital corpsman, during a ceremony at the Japan-based hospital, Sept. 13, 2016. Blanchard was honored for saving the life of a drowning mother on Aug. 16, 2016, during his temporary duty at the Surface Warfare Medical Institute in San Diego.

Meet Truman: The Lab in the Lab

By Sharon Renee Taylor
WRNMMC Public
Affairs

Army Pfc. Truman is about to graduate from specialty training.

The native-New Yorker began his military training in April. Assigned to Walter Reed National Military Medical Center (WRNMMC), Truman works with patients who endure physical disabilities and mental health concerns, as well as those participating in adaptive sports.

He provides support and helps them reintegrate. The private serves as a motivator, battle buddy and morale booster for staff and patients alike.

Truman is an 80-pound chocolate English Labrador Retriever.

"He's just a big cuddle-bug," explains Amy O'Connor, a licensed clinical social worker and health resolution specialist at WRNMMC, who also serves as facility

dog trainer.

The calm, mild-mannered dog is bigger than the average Labrador, and less excitable, which helps to ease the anxiety his patients may experience.

Some patients have mental health [concerns], so they need a calmer dog, not one that's going to be excitable and may drum up some anxiety, O'Connor explained. Truman has the perfect energy level to excel at his job, she said.

Contrary to his sad, droopy eyes, this two-year-old canine likes to play. He isn't as athletic as his peers, according to O'Connor. She agrees Truman isn't a fast runner but is "in it to finish."

The dog helps set the pace in races like the Navy Five-Miler and encourages the patients he accompanies. This summer, Truman tried his paw at paddle boarding with patients on the



COURTESY PHOTO

Army Pfc. Truman, an 80-pound English Labrador Retriever, is about to graduate from specialty training.

Chesapeake Bay.

The young private also assists patients reintegrate to civilian life. Truman makes a transitioning service member more comfortable while trying something new, deflects their anxiety, and keeps the focus on the four-legged companion instead of the patient when the two venture off-base.

The Lab also provides emotional support. Truman takes a lot of walks with patients in the medical center's Military Advanced Training Center, O'Connor explained. Over the course of the day, patients request to take Truman on walks, which help the service members to decompress from stress.

The genial canine, also known as "the Lab in the lab," is a welcome visitor to Walter Reed Bethesda staffers who work in the basement lab. Truman carries bottled water in his "murse" for those who thirst, and offers flowers to the ladies.

"Truman is absolutely adored down here," said Army Maj. Victoria M. McCarthy, deputy laboratory manager in the department of pathology. "We don't get out much due to our work, so when we have a smiling, happy face come visit, our day is brightened considerably!"

Lab staffers keep dog treats in the office for Truman and other facility dogs that stop by, explained Army 1st Lt. Samuel C. Erickson, who



COURTESY PHOTO

By December, Truman should finish learning his Army duties: how to salute (sit and bring his paw to his forehead), stand at ease, and how to offer a handshake.

serves as chief of Point of Care testing in the department of pathology. "The staff look forward to their visits, and enjoy the time with the dogs," he said.

By December, Truman should finish learning his Army duties: how to salute (sit and bring his paw to his forehead), stand at ease, attention and how to offer a handshake. The furry, canine detective is also a whiz at finding things like keys or a cell phone, according to those who've seen him in action.

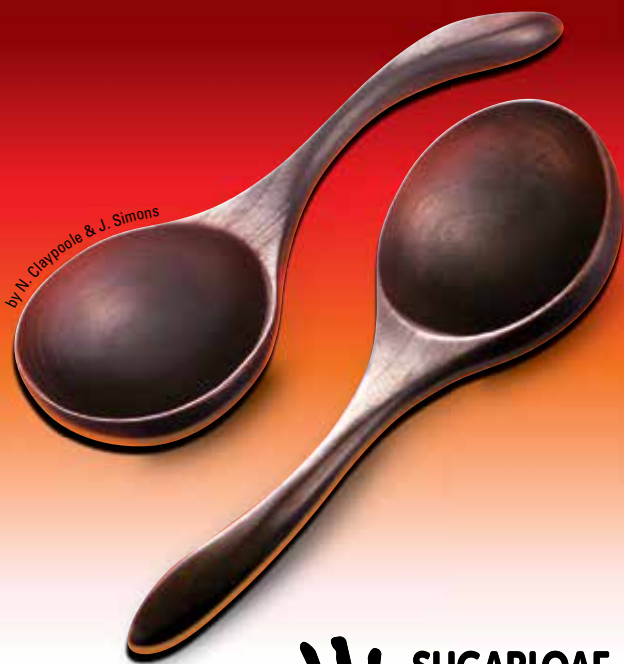
The Labrador completed training to earn certification as a federal American Disabilities Act (ADA) service dog, as well as certification with Assistance Dogs International (ADI).

O'Connor said with Truman's level of education, he's about to graduate from college. Dogs mature around two when they [are put] to work, but there are some skills that he still needs to learn.

"The skills that they have when they get here are perishable," O'Connor explained. "They go away if they're not used. We participate in daily training with these dogs."

Pfc. Truman joins a team of five additional facility dogs currently on duty at Walter Reed Bethesda: Marine Corps Gunnery Sgt. Archie, Army First Lt. Annie Fox, Air Force Maj. Goldie, Navy Rear Adm. Bobbie, and Vice Adm. Laura Lee. Since 2007, the facility canine team has offered patients, their families and staff unconditional love and support.

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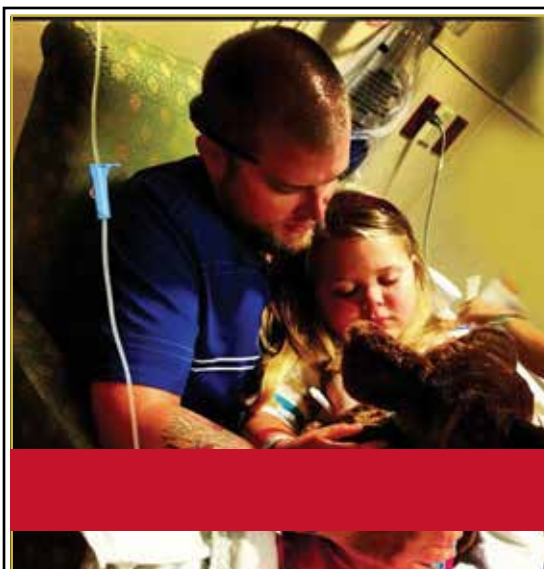
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Navy College Website Receives Major Upgrade

By Ed Barker
Naval Education and Training Professional Development Public Affairs

The Naval Education and Training Professional Development Center (NETPDC) launched a major redesign and upgrade of the Navy College Program (NCP) website Oct. 1.

Designed to complement and support the NCP's Virtual Education Center (VEC), the redesigned NCP website greatly improves the ability for Sailors, commands and academic institutions to access Voluntary Education (VOLED) information.

"The Navy has taken the lead in modernizing its VOLED program, ensuring Sailors have the same opportunities as their civilian counterparts," said Capt. Lee Newton, NETPDC commanding officer. "Our goal is to provide online access and support to Sailors pursuing voluntary education at the time and place that's most convenient for them, using the virtual tools with which they are already familiar."

According to Navy VOLED Director Ernest D'Antonio, the website enables Sailors to find specific educational information tailored to their individual needs.

"From getting started on their degree path, to applying for Tuition Assistance (TA), to taking those final classes for a master's degree — it's all here on the newly redesigned site," said D'Antonio.

Sailors will notice several new tools designed specifically for the NCP website:

- 1) Text and web-chat features available from 6 a.m. — 9 p.m. EST.
- 2) A searchable knowledge database with

Frequently Asked Questions.

3) A "Call-Back" feature where the Sailor can complete an online form requesting a representative from VOLED contact them about a question or concern.

4) An E-Request/ticket system where a Sailor can complete an online request to have an issue resolved and tracked.

5) A self-scheduling tool for education counseling which will have separate calendars for the VEC and Navy College Offices in Kitsap, Wash., Jacksonville, Fla., Norfolk, Va., and San Diego.

6) The "Wizard" tutorial which takes Sailors step-by-step through the TA process with links to WebTA training and videos.

7) A centralized e-mail system where Sailors can choose from a list of standard subjects and their e-mail will be directed to the appropriate counselor for reply.

"The enhanced customer service system in the new website is a quantum increase in capabilities for our customers," added D'Antonio. "They now have the capability to live-chat with the VEC, submit a call-back request or search the new Knowledge Management database, all from a smartphone, tablet, home or NMCI computer."

The URL for the new Navy College Program website is: www.navycollege.navy.mil

The Navy's Virtual Education Center hours are from 6 a.m. to 9 p.m. EST Monday — Friday and may be reached by calling: (877) 838-1659 or DSN 492-4684, or contacted via the website: <http://www.livehelpnow.net/lhn/TicketsVisitor.aspx?lhnid=30432>.



PHOTO BY PO1 MATTHEW N. JACKSON

Sailors and Marines attend an instructor-led college course facilitated by Gary Bretz, an embarked college professor in the ship's classroom aboard amphibious assault ship USS Boxer (LHD 4).

Sailors can also get the latest information by following Navy Voluntary Education on Facebook: www.facebook.com/NavyVoluntaryEducation/.

We value your feedback on the new look, feel and performance of the NCP website and VEC customer service! Please give us your feedback at: https://www.research.net/r/VEC_CUST_SVC_SURVEY_V1.

Additional information about the Naval Education and Training Professional Development Center can be found via <https://www.netc.navy.mil/netc/netpdc/Default.htm>

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CANCER

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strong so I don't have to be."

Carly's father says his daughter spends a lot of time in the hospital, travelling back and forth from home, with short gaps in her aggressive treatment to recover and begin again. A lover of music like her father, Carly plays the piano and French horn. A keyboard is kept in her doctor's office for her to play when she has extended stays at the hospital.

The eldest of six children, Carly said being away from her large family is one of the hardest changes she's had to adjust to after her cancer diagnosis. With his daughter spending so much time in the hospital, it's unusual for the entire family to spend time together under the same roof at the same time, her father explained.

A bone marrow biopsy launched the progression of diagnostic and therapeutic treatments with procedures Carly has endured for nearly six months. Her life now consists of homeschool, painful bouts of sickness after cycles of maximum-dosage chemotherapy, blood draws, trips to the ER, blood transfusions, using many anti-bacterial wipes, follow-up appointments, and hospital inpatient stays.

She no longer shares a bathroom

with her parents or five siblings at home—she now has her own. Carly must avoid sick children, and her parents have to "sterilize everything," her dad explained.

He said every night the 14-year-old flushes out her own central line catheter inserted into the large vein in her chest leading directly to her heart.

Krista said even though the situation may be scary, the family's biggest source of their strength is their faith. She said support from their church and extended family helps her juggle the everyday tasks.

Carly said cancer has changed the way she sees things.

"I look at someone and [I ask myself] 'what have they been through' because you never really know," she said.

The once active teenager who enjoyed participating in athletics, now contends with extended periods of feeling tired. "I'm generally pretty weak, but some days are worse than others. Sometimes I don't get off the couch, sometimes I can walk around for a while. I get pretty exhausted," Carly explained.

The brave teen offered advice to other kids with cancer. "It'll get better. The beginning is a little bit harder, but you generally get used to it," she said. "It's still difficult, but it'll get better."



COURTESY PHOTO

During her extended hospital stays, Carly, who's won musical competitions, enjoys playing a keyboard kept at the hospital for her.

RESCUE

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assistance of a couple of bystanders. Taking charge of the scene, Blanchard instructed all bystanders surrounding the victim to provide sufficient space to begin medical attention.

He was unable to feel the woman's pulse.

Providing Aid

Emergency response was initiated by a bystander as Blanchard began administering CPR to the victim. After about 20 minutes, vomit began to gush from the woman's mouth. After reassessing, Blanchard was able to feel a weak pulse before the arrival of paramedics and police officers.

Once the paramedics took control of the situation, Blanchard provided a statement to the police. Then, he consoled the victim's 6-year-old daughter and 10-year-old son.

Victim Survives

Three days after the incident, Blanchard approached the hotel's manager about the woman, and the manager informed him that she had survived and was in a local hospital and that family members had come to San Diego to care for her children while she was recovering.

Blanchard attributed his quick response to paying attention in basic life support class, which is held annually for all medical professionals.

"I think we all prepare for it, and never really expect for something like this to happen," Blanchard said.

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